

Fact Sheet – Salmonellosis

- Salmonellosis is an infection of salmonella bacteria that can cause diarrhea, fever, stomach cramps, dehydration, and vomiting.
- Unwashed hands often pass salmonella from the feces of people or animals to others.
- Symptoms can occur 6 to 72 hours after bacteria enters the body; typically in 12 – 36 hours.
- Confirmed diagnosis usually requires a stool test, but salmonella may also show up in urine and blood.
- The infection usually resolves on its own in 5-7 days.
- About 40,000 cases of salmonellosis are diagnosed annually in the United States. The Centers for Disease Control believes up to 30 times that number go undiagnosed or unreported.
- Salmonellosis is more common in the summer and in children.
- It is contagious. People with salmonellosis are not allowed to work as food handlers or in personal care or child care until the infection has ended.
- Salmonellosis is important to report so health authorities can limit spread by pinpointing the source.

Symptoms

- Diarrhea
- Stomach cramps
- Aches
- Fever
- Nausea
- Headache
- Dehydration

Prevention

Good hygiene is the key to prevention and transmission.

- Wash hands after using the bathroom or changing a diaper.
- Wash hands after handling raw chicken.
- Wash cutting boards thoroughly with hot water and soap after using.

- Cook chicken to an internal temperature of 165 degrees before eating it.
- Don't drink unpasteurized milk or eat raw eggs, even in cookie dough.
- Wash all produce.
- Avoid drinking possibly contaminated water.

Treatment

Most salmonellosis is untreated. It runs its course in 5-7 days. If severe dehydration occurs, intravenous fluids may be necessary.